

eGroup Questions

January 12, 2020

Verse: Philippians 4:4-7

PRAY

Begin your group study with an opening prayer. Acknowledge the presence of the Holy Spirit, who serves as a teacher as you gather.

REVIEW

What truth did you discover in the previous lesson? Did it transform how you live your life in any way? Even if it was small.

CONNECT

In this lesson, we are looking at what it means to be filled with peace through prayer and petition. As a group, share your thoughts on the following questions.

Have you ever had a time in your life where you felt you lacked a sense of peace? Have you ever experienced a crippling anxiety or fear that hindered your life in any way? What did that look like? How did you deal with that personally?

OBSERVE

Read your selected passage out loud as a group. While you read, take note of details, words, or phrases that jump off the page. Take a moment to share your findings with the group.

DISCUSS

As you read through Philippians 4:4-7 as a group, what stood out to you most? Was there anything new that you haven't noticed before? Is this verse familiar to you in any way? If so, how?

In your own words, what seems to be the main point Paul is speaking to the Philippians in this passage? How would you summarise his message?

As Paul writes this letter to the Philippian church from prison—house arrest more accurately—how do you think the Philippians felt about their leader Paul urging them to "rejoice in the Lord always?" How would that challenge their perspective on what it looks like to rejoice? What does it mean to rejoice in the Lord always?

According to the "Canadian Mental Health Association", "anxiety disorders affect 5% of the household population, causing mild to severe impairment." Have you seen or personally been affected by anxiety in any way? If you're comfortable, please describe your experience with the group?

Paul's remedy to guard your heart and mind against all things—including anxiety—is to present yourself to God in "prayer and petition, with thanksgiving." What does this look like practically? What has your experience looked like with prayer and petition?

In vs 7, Paul tells us the peace of God "transcends all understanding." That's to say that peace doesn't come from within us—like the world tries to tell us at times—and that human minds cannot understand it, but rather peace comes from God alone. How does this impact how we view the pursuit of peace in our lives? Does this alter the way we live in any way?

If the final aim of Bible study is life application, then how would you apply the timeless truths of the passage to your life currently? Is there anything you would wish to change or discontinue?

MAIN IDEA

In one to three sentences, summarize your main take-away from this lesson. Share your thoughts with the group.

PRAY

Now that you have finished your study, take this opportunity to pray together as a group. Feel free to collect any prayer needs from the group members.